



Tulare County Employee Wellness Program

“Healthy Heart”

February 2016

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5 <div>  </div>
8	9	10 <div> <p>ONLINE VIDEO: Get Serious About Controlling Your Blood Pressure</p> <p>This 2 minute health video reviews the benefits of controlling your blood pressure; reviews the most important changes to lower your blood pressure and improve your health. Select the Video Link to watch the online video now.</p> </div>	11	12
15 <div> <p>PRESIDENTS DAY:</p> <p>County Holiday!</p> </div>	16	17	18	19
22	23	24 <div> <p>PODCAST: A Cup of Health with CDC Help a Hurting Heart</p> <p>How do you help someone that is having a heart attack or is in cardiac arrest? Listen to this short podcast on this topic by selecting the link below:</p> <p>http://www2c.cdc.gov/podcasts/download.asp?f=3564654&af=a</p> </div>	25	26
29	<div>  <div> <h3>Are you up for a challenge?</h3> <p>Improve your lifestyle in seven weeks. A small change can make a big difference. Go ahead and choose a healthy habit you want to improve, invite a coworker and get ready to commit to better health! The tracker on page 3 makes it simple to record your progress each week throughout the challenge. It's completely interactive, so you don't have to print out anything. Just save it to your computer.</p> <p>To get started just visit: anthem.com/ca/healthyhints!</p> </div> </div>			

ONSITE MAMMOGRAPHY SCREENINGS

- **FREE—No Out-of-Pocket expense to employees**
- Available to Tulare County employees enrolled in Anthem Blue Cross health plans through SJVIA
- Mammogram Screenings will be held on site at selected locations (allowed on County time)
- Completely **Private & Confidential**
- Females Ages 40 & over
- Recommended if you have family history of Breast Cancer
- Educational information online: www.nationalbreastcancerawareness.org
- Testing will take approximately 15 mins.
- Administered by Pacific Coast Medical Services

REGISTER BY 3/11/16

March 21

Visalia Gov't Plaza
RMA Main Conf Rm (8am-4pm)
5959 S. Mooney Blvd., Visalia

March 22

Tulare Ag Center
Auditorium (8am-4pm)
4437 S Laspina St, Tulare

March 23

Porterville Gov't Plaza
Orange/Tangerine Rm (8am-4pm)
1055 W Henderson, Porterville

March 24

HR&D
Testing Rm (8am-4pm)
2900 W. Burrell, Visalia

REGISTER BY 3/18/2016

March 29

Professional Development
Peach/Cherry Rm (8am-4pm)
4031 W. Noble Ave., Visalia

March 30

Processing Center
Birch A&B Rm (8am-4pm)
26644 S. Mooney Blvd., Visalia



For appointments, register online at:

<https://www.surveymonkey.com/r/MammoScreening>

Only available to employees enrolled as primary subscribers in the SJVIA Health Plans.



NATIONAL WEAR RED DAY® FEB. 5 2016

Friday, February 5, 2016

- ♥ Heart disease has been referred to as the “silent killer”, because most don’t notice the symptoms until it’s too late.
- ♥ You can help awareness by wearing red, speaking up, and uniting with millions of women to help save lives across America.
- ♥ Employees are invited to show their support by wearing **RED** on National Wear Red Day.

<https://www.goredforwomen.org/wear-red-day/>



AMERICAN HEART ASSOCIATION Healthy Heart Quizzes

Quiz yourself.

Know the facts!



Heart Attack	Dining Out	Stroke
Sodium	HBP - The Silent Killer	Good dog? Bad dog?
HBP IQ	Physical Activity	Cholesterol
Diabetes	Nutrition	HIV Wellness

Your name: _____



Track your way to better health

We challenge you to start some new healthy habits — and to have some fun while doing it. Just follow these three simple steps:

- 1 Choose which hints you want to commit to.
- 2 Check off the hints as you complete them.
- 3 Celebrate your success!

Click on each hint square to get more information.

Check off hints as you complete them, and don't forget to save the file as you're going along.

Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			